

**Embrace your
freedom and
independence**

Discover how our range of
specialist vision services
can support you.

Guide Dogs



We offer more than a four-legged friend.

Our Guide Dogs are an essential part of the work we do, but they're only one of the ways we can support you, or someone you care about.

Access our range of specialist support

Through our Low Vision Services, Occupational Therapy, Orientation and Mobility Services, and Assistive Technology, you can maximise your vision, develop new skills for independent daily life and achieve your personal goals.

Live the way you want

Vision loss creates different challenges for different people. If you, or someone you care about is experiencing difficulty with independence at home or in the community, completing personal care activities, using technology or general mobility, our expert team is here to support you.

Achieve your goals, regardless of your vision level.

You or someone you care about may be diagnosed with, though certainly not limited to:

- Age-Related Macular Degeneration
- Glaucoma
- Cataracts
- Cortical Visual Impairment (CVI)
- Hereditary vision loss, e.g. Retinitis Pigmentosa
- Post-stroke visual changes

We know that no two journeys are the same.

**Our support is flexible and personal.
With our services, you can:**

- Learn everyday skills to be independent, no matter your level of vision.
- Keep moving safely and with confidence through mobility training.
- Explore opportunities to connect with your community.
- Use mobility aids and technology to make your life easier.
- Learn skills to help you return to work or study, or re-engage with leisure activities.

Occupational Therapy

Better living through Occupational Therapy

Work with our Vision Specialist Occupational Therapists to identify your personal goals and learn practical skills to achieve them.

If your vision impairment is impacting your daily independence and you have a specific skill you'd like to learn as part of your routine, we can create a program so that you can master it.

Our Occupational Therapy Services can help with:

- **Personal care skills:** Including showering and grooming, choosing an outfit and getting dressed, or managing any medications you take.
- **Domestic skills around the house:** Including cooking, cleaning, making a cup of tea or coffee, doing the laundry, or keeping your garden looking green and fresh.
- **Tasks you'll encounter while out in the community:** Including withdrawing money from an ATM, signing documents, identifying and managing money in shops, and doing the grocery shopping.



- **Communicating with others:** Including using the phone, handwriting, presenting yourself confidently, or learn to use other adaptive technologies in your day-to-day life.
- **Your home setup:** Including the best type of lights to use to maximise your vision, and strategies to make it safer and easier to move around your house or apartment.

Orientation and Mobility Services

An independent life through Orientation and Mobility

Whether you've experienced long-term vision impairment, a recent change in vision, or you're gradually losing sight, some extra support can be just what's needed to help you increase your confidence and independence.

Our highly-skilled Orientation and Mobility Instructors will work with you to develop the skills to get you where you want to go, when you want, regardless of your level of vision.

With our Orientation and Mobility Services, you can:

- Get around your home and community safely.
- Navigate through both familiar and new environments.
- Catch public transport.
- Use Assistive Technology to increase your independence.
- Keep doing the things you love, like hobbies or activities.
- Connect with other people in your community.





Neurological Vision Service

A supportive hand during the rehabilitation journey

Regardless of how a brain injury occurs, readjusting to daily life with a change in vision can be a challenge.

Our Neurological Vision Service reduces the challenges by equipping you with valuable skills for day-to-day living at home and in the community. These skills ensure you can stay as independent as possible following neurological vision loss or acquired brain injury (ABI).

The first step towards adjusting to a change in your vision is usually an assessment. This helps us to understand your unique needs and goals in detail before training begins. Once our team of specialists has a detailed understanding of your vision – and what you hope to achieve – we can work towards achieving your goals together.

Based on your goals, training will take place in the environment that best suits you. It could be in a hospital, your home, or out in the community.



Leisure and Lifestyle

Freedom and friendships

Our Leisure and Lifestyle Services are an opportunity to develop new skills and build your confidence in a supportive social environment.

Group activities are designed to suit your individual needs.

Benefits can include:

- Building your confidence.
- Developing skills for independent living.
- Experiencing new activities or rediscovering past hobbies.
- Getting active and participating in the community.
- Meeting new people and connecting with friends.

All Guide Dogs clients are welcome to participate in our Leisure & Lifestyle activities. We also offer a specialist Carers' Group to support anyone who is caring for a Guide Dogs client.



Home Assessments

Move safely and easily in your own home

Our low-vision experts can visit you at home to assess your living environment. We can provide vision-specific, low-level home modifications and identify ways you can move more safely and independently around your own home.

If you have vision impairment and could benefit from some additional support, we can assist with:

- Assessment and recommendation of grab rails.
- Assessment and recommendation of small ramps.
- Making surfaces and objects more identifiable through the use of contrast.

If you live in a retirement village, we also offer consultations to providers to ensure the community around you is safe and accessible.



Education and Training

We share our trusted expertise with you and the people you care about

By providing education, training and expert advice to your family, carers and associated health professionals, we can help them to support you.

Our education and training packages can be tailored to meet your needs and include:

- Vision-related workshops about eye conditions and information about assisting a person with vision impairment.
- Human guide training to teach effective techniques for safely guiding a person who is blind or has vision impairment.



**Discover how we can
support you or someone
you care about.**

Call 1800 757 738

**Guide
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